

## Intervention: Booster sessions

Finding: Sufficient evidence for effectiveness

### Potential partners to undertake the intervention:

- |   |  |
|---|--|
| <input type="checkbox"/> Nonprofits or local coalitions                   | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities               | <input type="checkbox"/> Media                             |
| <input type="checkbox"/> Health care providers                            | <input type="checkbox"/> Local public health departments   |
| <input type="checkbox"/> State public health departments                  | <input type="checkbox"/> Policymakers                      |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other:                            |

### Background on the intervention:

Booster sessions take place after an individual or group has completed the primary intervention's curriculum. Booster sessions provide an opportunity to reinforce and build on the messages and skills learned during the primary intervention.

### Findings from the systematic reviews:

Systematic reviews provide sufficient evidence to support the use of booster sessions in alcohol and other drug abuse prevention programs.

### Limitations/Comments:

The number of booster sessions that accompanied primary intervention curricula varied significantly among studies. Thus, the frequency and timing of booster sessions necessary to produce positive effects are unclear. In addition, the positive effects associated with booster programs may depend on other program characteristics.

### References:

Cuijpers P. Effective ingredients of school-based drug prevention programs. A systematic review. *Addict. Behav.* 2002 Nov-Dec; 27(6):1009-1023.

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Thomas H, Siracusa L, Ross G, Beath L, Hanna L, Michaud M, et al. Effectiveness of school-based interventions in reducing adolescent risk behaviour: A Systematic Review of Reviews. March 1999.